

POSITION STATEMENT

Mounjaro® (Tirzepatide) for Type 2 Diabetes

Recommendation:

Mounjaro® (Tirzepatide) is recommended for the treatment of type 2 diabetes in accordance with NICE TA924 and local guidance – **see below – LSCMMG RAG status ‘Green Restricted’**

Mounjaro® (Tirzepatide) use is only recommended in line with the restrictions set out by local criteria and NICE guidance (see the information detailed below).

Criteria agreed locally by Specialists

Preference of agent should be decided based on the clinician’s judgement about patient characteristics. **Local specialists have suggested the following:**

1. Semaglutide (or other available GLP-1 RAs) may be preferred in patients with lower BMIs e.g. < BMI 35 kg/m² or patients who have established CVD or are at high risk of CV events and require an agent with proven CV benefit.
2. Tirzepatide may be preferred in patients with higher BMIs e.g. > BMI 40 kg/m² or who despite optimisation of all other therapies still require further glycaemic control.

Please note: Rybelsus® (semaglutide) tablets are now available in sufficient quantities to support initiation of GLP1 RA treatment in people with type 2 diabetes (T2DM) in whom new initiation of GLP-1 RA therapy would be clinically appropriate.

Careful consideration **MUST** be given to stopping tirzepatide if ineffective or not tolerated (evidence of poor tolerance as dose escalates). Tirzepatide should be reviewed after 6 months, and the deprescribing of other agents, e.g. sulfonylureas and gliptins, should be considered where possible.

As a minimum expectation, it is recommended that tirzepatide is only continued if the adult with type 2 diabetes has had a beneficial metabolic response **(a reduction of at least 11 mmol/mol [1.0%] in HbA1c and weight loss of at least 3% of initial body weight in 6 months).**

A patient contract may support HCPs to undertake the review process and audit with a reminder of the necessary reductions in HbA1C and weight, which are necessary for the continuation of tirzepatide and reinforcement of advice/support regarding diet and exercise.

NICE recommendations

NICE have set out recommendations for tirzepatide use in type 2 diabetes alongside diet and exercise when it is insufficiently controlled only in the following circumstances:

- triple therapy with metformin and 2 other oral antidiabetic drugs is ineffective, not tolerated or contraindicated, AND
- they have a body mass index (BMI) of 35 kg/m² or more, and specific psychological or other medical problems associated with obesity, OR
- they have a BMI of less than 35 kg/m², AND:
 - o insulin therapy would have significant occupational implications, or
 - o weight loss would benefit other significant obesity-related complications (for example, hypertension, cardiovascular disease, osteoarthritis, dyslipidaemia and sleep apnoea).

Use lower BMI thresholds (usually reduced by 2.5 kg/m²) for people from South Asian, Chinese, other Asian, Middle Eastern, Black African or African-Caribbean family backgrounds.

Version Control

Version Number	Date	Amendments Made	Author
V1	March 2024		PT/LR

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